



WOMAN Challenge

Women and girls **O**ut **M**oving **A**cross the **N**ation

Sponsored by: Office on Women's Health, U.S. Department of Health and Human Services

*Join us for the **WOMAN Challenge** –
an 8-week challenge to increase your physical activity
beginning Sunday, May 13th, 2007 – Mother's Day
to kick off National Women's Health Week*

SIGN UP NOW...

It's quick and easy!

Join thousands of women and girls (ages 9 and older) who are making a commitment to their health by participating in the WOMAN Challenge.

For participants with mobility impairments:

Contact the National Center on Physical Activity and Disability (NCPAD) for information on starting a physical activity program, or about adapted arm band pedometers.

www.ncpad.org

Register now and...



Download a WOMAN Challenge tracking log to record your physical activity



Choose 1 of 6 virtual routes across the United States to track your progress during the Challenge – explore the country without leaving your hometown!



Form a team or participate as an individual



Choose your own physical activity goal each week to fit your lifestyle



Receive motivational emails, useful health information, and regular progress reports when you record your activity on the interactive website

To register and for more information:

www.womenshealth.gov/woman